

# Obstetric Coevolution



## Short Name

OBCOE

## Formal Name

Obstetric Coevolution

## Contact Person

[Irene Lapuente Aguilar](#)

## Institution/Organisation

La Mandarina de Newton

## Website

<https://www.obstetriccoevolution.eu>

## Social Media



[@coevolutionLMDN](#)



Working together to improve  
the childbirth experience



## Summary

Obstetric Coevolution (OBCOE) is a citizen science project looking to co-evolve obstetric practices to enhance the birthing experience by answering the question of how obstetric practices affect mothers' mental health.

We have already run five co-creation workshops with mothers and perinatal professionals. During the workshops, we identified five challenges: fear, communication, medicalization of childbirth, mental health (PTSD) and postpartum loneliness. To address them, citizen scientists came up with four proposals: a closing session between mothers and professionals who attended the birth; more sexual and reproductive health education in the curriculum; more dissemination of women's needs; and creating cross-cutting women's groups outside health centres. We also co-created an 85-question survey.

In this second phase, we are conducting a second and more detailed co-analysis of the survey; engaging mothers and childbirth professionals in a new co-creation process to develop a protocol to collect valuable post-birth data and foster a closure meeting; including sexual and reproductive health content at school level, that's why we are planning on running an online eduhackathon with teachers and perinatal professionals; and a new season of Transmedia\_Lab Mandarina podcasts based on motherhood.